

JANUARY 2026



SENIOR CENTER

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	<p>205-663-1307 1097 7TH STREET SW ALABASTER, AL 35007 MONDAY-FRIDAY 8 AM- 3:30 PM</p>		<p>● Blue Text: Sign-Up Required (Begins January 5) ● Red Text: No Sign-Up Required LUNCH IS SERVED DAILY at 11:15 a.m. First Come, First Serve! Please sign in by 10:30 a.m.</p>	<p>1 HAPPY NEW YEAR! SENIOR CENTER CLOSED</p>	<p>2 SENIOR CENTER CLOSED</p>	<p>3</p>
4	<p>5 8:30 a.m. Total Body Conditioning 10 a.m. Timeless Treasures Hymn Singing 11:30 a.m. Mahjong 12:15 p.m. Cardio Drumming</p>	<p>6 1 p.m. Gentle Yoga 2:10 p.m. Intermediate Yoga</p>	<p>7 9 a.m. Hooks & Needles 9:15 a.m. Total Body Conditioning 11:30 a.m. Hand & Foot 12:15 p.m. Cardio Drumming</p>	<p>8 9:15 a.m. Beginner Line Dancing 10 a.m. Watercolor Workshop 10:10 a.m. High Beginner Line Dancing 1 p.m. Gentle Yoga</p>	<p>9 Outing to Medders Family Farm and Lunch at Main Street Tavern 9 a.m. Zumba Gold 10:10 a.m. Total Body Conditioning 12 p.m. Penny Auction with SouthernCare New Beacon Clanton</p>	<p>10</p>
11	<p>12 8:30 a.m. Total Body Conditioning 10 a.m. Timeless Treasures Hymn Singing 11:30 a.m. Mahjong 12 p.m. Singo with Rehab Select 12:15 p.m. Cardio Drumming</p>	<p>13 10 a.m. Acrylic Painting 1 p.m. Gentle Yoga 2:10 p.m. Intermediate Yoga</p>	<p>14 9 a.m. Hooks & Needles 9:15 a.m. Total Body Conditioning 10:30 a.m. Dignity Memorial Presentation 11:30 a.m. Hand & Foot 12:15 p.m. Cardio Drumming</p>	<p>15 9:15 a.m. Beginner Line Dancing 10:10 a.m. High Beginner Line Dancing 1 p.m. Gentle Yoga</p>	<p>16 Taste and Tour Alabaster: Environmental Services Tour and Lunch at Champy's 9 a.m. Zumba Gold 10:10 a.m. Total Body Conditioning</p>	<p>17</p>
18	<p>19 MARTIN LUTHER KING JR. DAY SENIOR CENTER CLOSED</p>	<p>20 10 a.m. Pour Painting 1 p.m. Cardmaking Class 1 p.m. Gentle Yoga 2:10 p.m. Intermediate Yoga</p>	<p>21 9 a.m. Hooks & Needles 9:15 a.m. Total Body Conditioning 11:30 a.m. Hand & Foot 12:15 p.m. Cardio Drumming 12:30 p.m. Grits & Gouda presents: Cooking for Two</p>	<p>22 9:15 a.m. Beginner Line Dancing 10:10 a.m. High Beginner Line Dancing 1 p.m. Gentle Yoga</p>	<p>23 Tour Frank Lloyd Wright's Rosenbaum House and Lunch at Southern Grocery 9 a.m. Zumba Gold 10:10 a.m. Total Body Conditioning 12 p.m. Bingo with SouthernCare New Beacon Alabaster</p>	<p>24</p>
25	<p>26 8:30 a.m. Total Body Conditioning 9:30 a.m. Book Club 10 a.m. Timeless Treasures Hymn Singing 11:30 a.m. Mahjong 12:15 p.m. Cardio Drumming 1 p.m. Master Gardener Series: Native Plants</p>	<p>27 1 p.m. Gentle Yoga 2:10 p.m. Intermediate Yoga</p>	<p>28 9 a.m. Hooks & Needles 9:15 a.m. Total Body Conditioning 11:30 a.m. Hand & Foot 12 p.m. Fruit Cookie Pizza Bar with ProHealth 12:15 p.m. Cardio Drumming</p>	<p>29 9:15 a.m. Beginner Line Dancing 10:10 a.m. High Beginner Line Dancing 1 p.m. Gentle Yoga</p>	<p>30 ASO Coffee Concert at the Aly Stephens Center and Lunch at Jefferson's 9 a.m. Zumba Gold 10:10 a.m. Total Body Conditioning</p>	<p>31</p>

Calendar Subject to Change